

GTC Sports Group

One of Crowborough's strengths as a community is the range and extent of its sport clubs and facilities, nearly all of which operate on a voluntary basis.

We also have easy access to beautiful countryside and fresh air. Sport and physical activity therefore forms an important part of the life of the town.



Green Transition Crowborough aims to mobilise all sections of our community in our efforts to address the threat of **climate change** and the challenges to our natural environment that affect us all.

We encourage small and cumulative change in the lives of all who live locally and, especially given their local significance, this includes sport and physical activity organisations.

A Healthy Lifestyle in a Healthy Environment

Sport and Physical activity organisations can do a lot to promote both health and sustainability:

- Clubs can take care to ensure their own facilities and activities are as sustainable as possible, for example, making them energy efficient or cutting out plastic use
- Being active, including walking, running and cycling can reduce our reliance on conventional transport
- Being more careful about our diet can lead us to eat more sustainable food
- Exercising helps us to get out more and appreciate the beauty of our environment
- Being fit and healthy can make us more positive and resilient

What do local sport leaders say?

'We are pleased to have adopted the Crowborough Charter that gives us clear guidelines for continuing to improve the clubs' contribution to sustainability.'

Mike Barrett Club Secretary **Crowborough Athletic Football Club**

'We are pleased with the progress that the users and staff of the Crowborough Leisure Centre have achieved in becoming a lot more sustainable. It encourages us to go further.'

Andy Smale Centre Manager **Crowborough Leisure Centre**

'Cycling is an obvious way to become more active and to enjoy our beautiful countryside'.

Keith Downing Ride Co-ordinator **Wealden Cycle Club**

Get Active, yourself. Get involved in local sport and physical activity

